

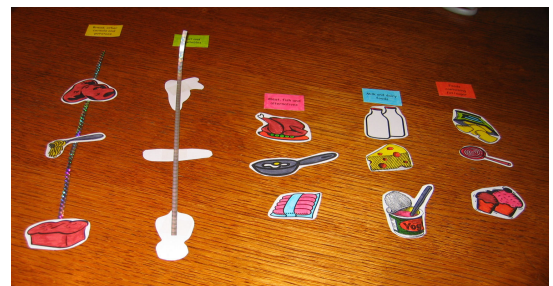
Make a Food Group Mobile

You will need:

The food group mobile template printed onto thin card, a paper plate or disc of strong card, felt pens or crayons, scissors, thread, wool or ribbon, sticky tape, a glue stick and a hole punch.



1. Colour the food pictures and the food group labels.
2. Cut out the pictures.
3. Cut five 30cm lengths of thread, wool or ribbon.
4. Help your child to sort the food into the five different food groups (there are three foods in each).



Sticking the pictures to the threads

5. Leaving 5-8 cm at the top of each thread, use sticky tape to attach the back of each picture to a thread (one thread for each food group).
6. Arrange the threads around the plate and stick on with sticky tape as shown below. Glue the correct label for each food group onto the plate over the top of each thread.
7. Finally, punch three holes around the edge of the plate and attach threads to make a hanging loop.



Sticking the threads to the plate



The completed mobile

Food Groups Mobile	Fruit and vegetables	Milk and dairy foods
Bread, other cereals and potatoes	Foods containing fat/sugar	Meat, fish and alternatives

